

## **Brimhall Pool – Swim Lessons and Competitive Teams**

### **101301 - BH Lifesaving Merit**

Swimming and Lifesaving class opens the door to a variety of specialized aquatics activities that can lead to a whole new set of water safety and learning skills. Skills taught include: water hazard recognition, accident prevention and effective response for water related emergencies. This class meets the requirements for Boy Scouts of America Swimming and Lifesaving merit badges. Class is one hour long. If participants want to get merit badge credit, they should bring BSA blue merit badge pass off cards with them to class. \$5 non-refundable fee for all program cancellations. For additional program information, please call 480-644-4950.

	<b>Ages</b>		<b>Begins</b>	<b>Ends</b>	<b>Days</b>	<b>Starts</b>	<b>Ends</b>	<b>Location</b>	<b>Res/NR Fee</b>	<b>Min</b>	<b>Max</b>
101301-11	10	18.99	09/06/2011	09/10/2011	TuThSa	5:30 PM	7:00 PM	Brimhall Junior High Pool	\$42.00/\$50.00	5	10
Saturday class will be held from 9 am-11am.											

## **Skyline Pool – Swim Lessons and Competitive Teams**

### **161106 - Skyline-Sea Toddlers SAT**

Building on the skills from Sea Babies, this class is designed to expand swimming and water safety skills by incorporating toys, songs and games. Children will be shown ways to enter and exit the water safely, submerge in a rhythmic pattern, glide on the front and back with assistance, begin to perform freestyle and backstroke, and change body position in the water. Adult accompaniment and swim diapers are required. \$5 non-refundable fee for all program cancellations.

	<b>Ages</b>		<b>Begins</b>	<b>Ends</b>	<b>Days</b>	<b>Starts</b>	<b>Ends</b>	<b>Location</b>	<b>Res/NR Fee</b>	<b>Min</b>	<b>Max</b>
161106-11	1.5	2.99	08/06/2011	09/24/2011	Sa	10:00 AM	10:30 AM	Skyline Aquatics Complex	\$21.00/\$25.00	6	12
161106-12	1.5	2.99	08/06/2011	09/24/2011	Sa	10:35 AM	11:05 AM	Skyline Aquatics Complex	\$21.00/\$25.00	6	12
161106-21	1.5	2.99	10/01/2011	11/19/2011	Sa	10:00 AM	10:30 AM	Skyline Aquatics Complex	\$21.00/\$25.00	6	12
161106-22	1.5	2.99	10/01/2011	11/19/2011	Sa	10:35 AM	11:05 AM	Skyline Aquatics Complex	\$21.00/\$25.00	6	12

### **161115 - Skyline-Sea Sprites SAT**

In Sea Sprites our instructors follow a plan to introduce new swimming and water safety skills that are appropriate for young children. Sea Sprites puts the "fun" in fundamentals. Each class is loaded with enjoyable, engaging and challenging activities that motivate children to want to perform and learn to swim. Some of the milestones in Sea Sprites include: enter and exit the water independently, bobbing, open eyes under water to retrieve objects, front and back floats and glides and recovery, roll from front to back and back to front, tread water, beginning freestyle and backstroke. If child is not 100% potty trained they must wear a swim diaper. \$5 non-refundable fee for all program cancellations. Please call 480-644-4950 for program information. This class is comparable to the American Red Cross Preschool Aquatics Level 1 & 2.

	<b>Ages</b>		<b>Begins</b>	<b>Ends</b>	<b>Days</b>	<b>Starts</b>	<b>Ends</b>	<b>Location</b>	<b>Res/NR Fee</b>	<b>Min</b>	<b>Max</b>
161115-11	3	4.99	08/06/2011	09/24/2011	Sa	10:00 AM	10:30 AM	Skyline Aquatics Complex	\$21.00/\$25.00	3	6
161115-12	3	4.99	08/06/2011	09/24/2011	Sa	10:35 AM	11:05 AM	Skyline Aquatics Complex	\$21.00/\$25.00	3	6
161115-21	3	4.99	10/01/2011	11/19/2011	Sa	10:00 AM	10:30 AM	Skyline Aquatics Complex	\$21.00/\$25.00	3	6
161115-22	3	4.99	10/01/2011	11/19/2011	Sa	10:35 AM	11:05 AM	Skyline Aquatics Complex	\$21.00/\$25.00	3	6

### 161119 - Skyline-Sea Otters SAT

Sea Otters is full of fun, engaging and challenging activities that are intended to help children feel comfortable in the water and motivate them to want to learn to swim. Instructors follow a strategy to introduce new swimming and water safety skills while building on previously learned skills. This class requires that your child can enter and exit the water independently, travel at least 5 yards, bob in the water, glide for at least 2 body lengths, and roll to back float for 3 seconds and recover. \$5 non-refundable fee for all program cancellations.

	<b>Ages</b>		<b>Begins</b>	<b>Ends</b>	<b>Days</b>	<b>Starts</b>	<b>Ends</b>	<b>Location</b>	<b>Res/NR Fee</b>	<b>Min</b>	<b>Max</b>
161119-11	4	7.99	08/06/2011	09/24/2011	Sa	10:00 AM	10:30 AM	Skyline Aquatics Complex	\$21.00/\$25.00	3	6
161119-12	4	7.99	08/06/2011	09/24/2011	Sa	10:35 AM	11:05 AM	Skyline Aquatics Complex	\$21.00/\$25.00	3	6
161119-21	4	7.99	10/01/2011	11/19/2011	Sa	10:00 AM	10:30 AM	Skyline Aquatics Complex	\$21.00/\$25.00	3	6
161119-22	4	7.99	10/01/2011	11/19/2011	Sa	10:35 AM	11:05 AM	Skyline Aquatics Complex	\$21.00/\$25.00	3	6

### 161122 - Skyline-Sea Horses SAT

Sea Horse builds on the fundamentals taught in Sea Otters, including: entering the water by jumping in at the side, fully submerging and holding breath, bobbing, opening eyes under water to recover submerged objects, floating on front and back, recovering to a vertical position, changing direction while swimming on front and back, freestyle, backstroke, and adjustment to deep water. \$5 non-refundable fee for all program cancellations.

	<b>Ages</b>		<b>Begins</b>	<b>Ends</b>	<b>Days</b>	<b>Starts</b>	<b>Ends</b>	<b>Location</b>	<b>Res/NR Fee</b>	<b>Min</b>	<b>Max</b>
161122-11	4	7.99	08/06/2011	09/24/2011	Sa	10:00 AM	10:30 AM	Skyline Aquatics Complex	\$21.00/\$25.00	3	6
161122-12	4	7.99	08/06/2011	09/24/2011	Sa	10:35 AM	11:05 AM	Skyline Aquatics Complex	\$21.00/\$25.00	3	6
161122-21	4	7.99	10/01/2011	11/19/2011	Sa	10:00 AM	10:30 AM	Skyline Aquatics Complex	\$21.00/\$25.00	3	6
161122-22	4	7.99	10/01/2011	11/19/2011	Sa	10:35 AM	11:05 AM	Skyline Aquatics Complex	\$21.00/\$25.00	3	6

### 161127 - Skyline - Sea Stars SAT

Sea Stars is intended to improve stroke development and build on the skills taught in previous classes. Fun and challenging activities introduce swimmers to beginning diving skills, jumping into deep water from the side, swimming the freestyle and backstroke for 15 yards, treading or floating for 30 seconds, breaststroke and dolphin kicks. \$5 non-refundable fee for all program cancellations.

	<b>Ages</b>		<b>Begins</b>	<b>Ends</b>	<b>Days</b>	<b>Starts</b>	<b>Ends</b>	<b>Location</b>	<b>Res/NR Fee</b>	<b>Min</b>	<b>Max</b>
161127-11	5	7.99	08/06/2011	09/24/2011	Sa	10:00 AM	10:30 AM	Skyline Aquatics Complex	\$21.00/\$25.00	3	6
161127-12	5	7.99	08/06/2011	09/24/2011	Sa	10:35 AM	11:05 AM	Skyline Aquatics Complex	\$21.00/\$25.00	3	6
161127-21	5	7.99	10/01/2011	11/19/2011	Sa	10:00 AM	10:30 AM	Skyline Aquatics Complex	\$21.00/\$25.00	3	6
161127-22	5	7.99	10/01/2011	11/19/2011	Sa	10:35 AM	11:05 AM	Skyline Aquatics Complex	\$21.00/\$25.00	3	6

### 161132 - Skyline-Swim Stars SAT

Swim Stars give students the opportunity to develop confidence and improve upon the skills taught in previous classes. Skills that will be focused on include: entering the water headfirst, swimming under water, swimming the freestyle for 25 yards, swimming the elementary backstroke for 25 yards, improving the backstroke, breaststroke and butterfly and learning open turns on back and front. \$5 non-refundable fee for all program cancellations.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
161132-11	6	18.99	08/06/2011	09/24/2011	Sa	10:00 AM	10:30 AM	Skyline Aquatics Complex	\$21.00/\$25.00	3	6
161132-12	6	18.99	08/06/2011	09/24/2011	Sa	10:35 AM	11:05 AM	Skyline Aquatics Complex	\$21.00/\$25.00	3	6
161132-21	6	18.99	10/01/2011	11/19/2011	Sa	10:00 AM	10:30 AM	Skyline Aquatics Complex	\$21.00/\$25.00	3	6
161132-22	6	18.99	10/01/2011	11/19/2011	Sa	10:35 AM	11:05 AM	Skyline Aquatics Complex	\$21.00/\$25.00	3	6

### 161203 - Skyline - Adult Lap Swim

60 minutes of open lap swim for adults and parents who want to work on swimming and cardio fitness. Parents of children participating in the Home School league are encouraged to be part of the action and not just sit on the sidelines. \$5 non-refundable fee for all program cancellations. If you have any programming questions please call Aimee Manis at 480-644-4950 or Lynn Adkins at 480-644-4226.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
161203-11	16	99	08/09/2011	09/29/2011	TuTh	10:00 AM	11:00 AM	Kino Junior High Pool	\$25.00/\$30.00	4	8
161203-21	16	99	10/04/2011	11/17/2011	TuTh	10:00 AM	11:00 AM	Kino Junior High Pool	\$25.00/\$30.00	4	8

### 161405 - Skyline-Home School Swim Team

Fall recreation swim team provides a fun environment for your child to learn and improve stroke technique, increase fitness and socialize in a positive team setting. This interactive 8 week program offers 1 hour practices 2 days a week. Athletes must be able to swim 25 yards in deep water to be on the team. An end of season competition among with other community teams provides an opportunity for interaction with others and is a great event for the whole family. Awards are provided. \$5 non-refundable fee for all program cancellations. If you have questions about participation please call Aimee Manis at 480-644-4950 or Lynn Adkins at 480-644-4226.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
161405-11	5	99	08/09/2011	09/29/2011	TuTh	10:00 AM	11:00 AM	Skyline Aquatics Complex	\$50.00/\$60.00	10	30
161405-21	5	99	10/04/2011	11/17/2011	TuTh	10:00 AM	11:00 AM	Skyline Aquatics Complex	\$50.00/\$60.00	10	30

# Kino Pool – Swim Lessons and Competitive Teams

## 211106 - Kino - Sea Toddlers SAT

Building on the skills from Sea Babies, this class is designed to expand swimming and water safety skills by incorporating toys, songs and games. Children will be shown ways to enter and exit the water safely, submerge in a rhythmic pattern, glide on the front and back with assistance, begin to perform freestyle and backstroke, and change body position in the water. Adult accompaniment and swim diapers are required. \$5 non-refundable fee for all program cancellations.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
211106-11	1.5	3	08/06/2011	09/24/2011	Sa	10:00 AM	10:30 AM	Kino Junior High Pool	\$21.00/\$25.00	6	12
211106-12	1.5	3	08/06/2011	09/24/2011	Sa	10:35 AM	11:05 AM	Kino Junior High Pool	\$21.00/\$25.00	6	12
211106-21	1.5	3	10/01/2011	11/19/2011	Sa	10:00 AM	10:30 AM	Kino Junior High Pool	\$21.00/\$25.00	6	12
211106-22	1.5	3	10/01/2011	11/19/2011	Sa	10:35 AM	11:05 AM	Kino Junior High Pool	\$21.00/\$25.00	6	12

## 211115 - Kino - Sea Sprites SAT

In Sea Sprites our instructors follow a plan to introduce new swimming and water safety skills that are appropriate for young children. Sea Sprites puts the "fun" in fundamentals. Each class is loaded with enjoyable, engaging and challenging activities that motivate children to want to perform and learn to swim. Some of the milestones in Sea Sprites include: enter and exit the water independently, bobbing, open eyes under water to retrieve objects, front and back floats and glides and recovery, roll from front to back and back to front, tread water, beginning freestyle and backstroke. If child is not 100% potty trained they must wear a swim diaper.\$5 non-refundable fee for all program cancellations. Please call 480-644-4950 for program information. This class is comparable to the American Red Cross Preschool Aquatics Level 1 & 2.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
211115-11	3	4.99	08/06/2011	09/24/2011	Sa	10:00 AM	10:30 AM	Kino Junior High Pool	\$21.00/\$25.00	3	6
211115-12	3	4.99	08/06/2011	09/24/2011	Sa	10:35 AM	11:05 AM	Kino Junior High Pool	\$21.00/\$25.00	3	6
211115-21	3	4.99	10/01/2011	11/19/2011	Sa	10:00 AM	10:30 AM	Kino Junior High Pool	\$21.00/\$25.00	3	6
211115-22	3	4.99	10/01/2011	11/19/2011	Sa	10:35 AM	11:05 AM	Kino Junior High Pool	\$21.00/\$46.00	3	6

## 211119 - Kino - Sea Otters SAT

Sea Otters is full of fun, engaging and challenging activities that are intended to help children feel comfortable in the water and motivate them to want to learn to swim. Instructors follow a strategy to introduce new swimming and water safety skills while building on previously learned skills. This class requires that your child can enter and exit the water independently, travel at least 5 yards, bob in the water, glide for at least 2 body lengths, and roll to back float for 3 seconds and recover. \$5 non-refundable fee for all program cancellations.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
211119-11	4	7.99	08/06/2011	09/24/2011	Sa	10:00 AM	10:30 AM	Kino Junior High Pool	\$21.00/\$25.00	3	6
211119-12	4	7.99	08/06/2011	09/24/2011	Sa	10:35 AM	11:05 AM	Kino Junior High Pool	\$21.00/\$25.00	3	6
211119-21	4	7.99	10/01/2011	11/19/2011	Sa	10:00 AM	10:30 AM	Kino Junior High Pool	\$21.00/\$25.00	3	6
211119-22	4	7.99	10/01/2011	11/19/2011	Sa	10:35 AM	11:05 AM	Kino Junior High Pool	\$21.00/\$25.00	3	6

### 211122 - Kino - Sea Horses SAT

Sea Horse builds on the fundamentals taught in Sea Otters, including: entering the water by jumping in at the side, fully submerging and holding breath, bobbing, opening eyes under water to recover submerged objects, floating on front and back, recovering to a vertical position, changing direction while swimming on front and back, freestyle, backstroke, and adjustment to deep water. \$5 non-refundable fee for all program cancellations.

	<b>Ages</b>		<b>Begins</b>	<b>Ends</b>	<b>Days</b>	<b>Starts</b>	<b>Ends</b>	<b>Location</b>	<b>Res/NR Fee</b>	<b>Min</b>	<b>Max</b>
211122-11	4	7.99	08/06/2011	09/24/2011	Sa	10:00 AM	10:30 AM	Kino Junior High Pool	\$21.00/\$25.00	3	6
211122-12	4	7.99	08/06/2011	09/24/2011	Sa	10:35 AM	11:05 AM	Kino Junior High Pool	\$21.00/\$25.00	3	6
211122-21	4	7.99	10/01/2011	11/19/2011	Sa	10:00 AM	10:30 AM	Kino Junior High Pool	\$21.00/\$25.00	3	6
211122-22	4	7.99	10/01/2011	11/19/2011	Sa	10:35 AM	11:05 AM	Kino Junior High Pool	\$21.00/\$25.00	3	6

### 211127 - Kino - Sea Stars SAT

Sea Stars is intended to improve stroke development and build on the skills taught in previous classes. Fun and challenging activities introduce swimmers to beginning diving skills, jumping into deep water from the side, swimming the freestyle and backstroke for 15 yards, treading or floating for 30 seconds, breaststroke and dolphin kicks. \$5 non-refundable fee for all program cancellations.

	<b>Ages</b>		<b>Begins</b>	<b>Ends</b>	<b>Days</b>	<b>Starts</b>	<b>Ends</b>	<b>Location</b>	<b>Res/NR Fee</b>	<b>Min</b>	<b>Max</b>
211127-11	5	7.99	08/06/2011	09/24/2011	Sa	10:00 AM	10:30 AM	Kino Junior High Pool	\$21.00/\$25.00	3	6
211127-12	5	7.99	08/06/2011	09/24/2011	Sa	10:35 AM	11:05 AM	Kino Junior High Pool	\$21.00/\$25.00	3	6
211127-21	5	7.99	10/01/2011	11/19/2011	Sa	10:00 AM	10:30 AM	Kino Junior High Pool	\$21.00/\$25.00	3	6
211127-22	5	7.99	10/01/2011	11/19/2011	Sa	10:35 AM	11:05 AM	Kino Junior High Pool	\$21.00/\$25.00	3	6

### 211132 - Kino - Swim Stars SAT

Swim Stars give students the opportunity to develop confidence and improve upon the skills taught in previous classes. Skills that will be focused on include: entering the water headfirst, swimming under water, swimming the freestyle for 25 yards, swimming the elementary backstroke for 25 yards, improving the backstroke, breaststroke and butterfly and learning open turns on back and front. \$5 non-refundable fee for all program cancellations.

	<b>Ages</b>		<b>Begins</b>	<b>Ends</b>	<b>Days</b>	<b>Starts</b>	<b>Ends</b>	<b>Location</b>	<b>Res/NR Fee</b>	<b>Min</b>	<b>Max</b>
211132-11	6	15.99	08/06/2011	09/24/2011	Sa	10:00 AM	10:30 AM	Kino Junior High Pool	\$21.00/\$25.00	3	6
211132-12	6	15.99	08/06/2011	09/24/2011	Sa	10:35 AM	11:05 AM	Kino Junior High Pool	\$21.00/\$25.00	3	6
211132-21	6	15.99	10/01/2011	11/19/2011	Sa	10:00 AM	10:30 AM	Kino Junior High Pool	\$21.00/\$25.00	3	6
211132-22	6	15.99	10/01/2011	11/19/2011	Sa	10:35 AM	11:05 AM	Kino Junior High Pool	\$21.00/\$25.00	3	6

### 211203 - Kino- Adult Lap Swim

60 minutes of open lap swim for adults and parents who want to work on swimming and cardio fitness. Parents of children participating in the Home School league are encouraged to be part of the action and just not sit on the sidelines. \$5 non-refundable fee for all program cancellations. If you have any programming questions please call Aimee Manis at 480-644-4950.

	<b>Ages</b>		<b>Begins</b>	<b>Ends</b>	<b>Days</b>	<b>Starts</b>	<b>Ends</b>	<b>Location</b>	<b>Res/NR Fee</b>	<b>Min</b>	<b>Max</b>
211203-11	16	99	08/09/2011	09/29/2011	TuTh	10:00 AM	11:00 AM	Kino Junior High Pool	\$25.00/\$30.00	4	8
211203-21	16	99	10/04/2011	11/17/2011	TuTh	10:00 AM	11:00 AM	Kino Junior High Pool	\$25.00/\$30.00	4	8

**211405 - KI-Home School Swim Team**

Fall recreation swim team provides a fun environment for your child to learn and improve stroke technique, increase fitness and socialize in a positive team setting. This interactive 8 week program offers 1 hour practices 2 days a week. Athletes must be able to swim 25 yards in deep water to be on the team. An end of season competition among with other community teams provides an opportunity for interaction with others and is a great event for the whole family. Awards are provided. \$5 non-refundable fee for all program cancellations. If you have questions about participation please call Aimee Manis at 480-644-4950 or Lynn Adkins at 480-644-4226.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
211405-11	5	99	08/09/2011	09/29/2011	TuTh	10:00 AM	11:00 AM	Kino Junior High Pool	\$50.00/\$60.00	10	30
211405-21	5	99	10/04/2011	11/17/2011	TuTh	10:00 AM	11:00 AM	Kino Junior High Pool	\$50.00/\$60.00	10	30